CLAIMS

A reciprocating seal that is provided (amended) in an annular space formed between a shaft and a housing, which move relatively to each other in a direction of the shaft, and has a seal lip brought into sliding contact with a surface of the shaft,

> wherein the seal lip has a two-step lip structure in which a plurality of protrusions extending in the direction in which a main seal lip relatively moves with respect to the surface of the shaft are formed on a surface of the lip of a second step.